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ABSTRACT

Vitamin C is an important vitamin. Since its discovery in 1937, it has been acclaimed as a possible preventive or cure for the common cold, the flu, and even cancer. Others believe vitamin C is harmful if taken in megadoses. As the controversy continues, facts and research results become increasingly important. This bibliography, which provides some sources for these facts and theories, is arranged alphabetically within four types of materials: (1) journal articles; (2) books; (3) newspaper articles; and (4) government documents. Entries, representing the 14-year period 1970 to 1983, are arranged consecutively from 1 to 290 within these categories. An attempt has been made to balance the references to popular articles and books with more technical ones, so that both the general reader and scientist can find something of interest. A subject index keyed to entry numbers is included. (BC)

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VITAMIN C:
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INTRODUCTION

Vitamin C is an important vitamin. Since its discovery in 1937, it has been acclaimed as a possible preventive or cure for the common cold, the flu, and even cancer. Others believe vitamin C is harmful if taken in megadoses. As the controversy continues, facts and research results become increasingly important. This bibliography provides some sources for these facts and theories. Some of the references date back to 1970, when Linus Pauling's book on vitamin C and the common cold first appeared.

Reader's Guide to Periodical Literature was searched from 1970-1983, under the main heading "Vitamins," and subheading "Vitamin C." Other journal articles were found by searching Index Medicus from 1970-1983, under the headings "Ascorbic acid" and "Ascorbic acid deficiency." The public catalog of the Cal Poly Library was searched for books under "Vitamin C" and its subheadings. The New York Times Index was searched for newspaper articles under "Vitamins" from 1970-1983. The Monthly Catalog of United States Government Publications was searched from 1970-1983 under "Vitamin C."

An attempt has been made to balance the references to popular articles and books with more technical ones, so that both the general reader and the scientist can find something of interest. All of these sources are available in the California Polytechnic State University Library.

This bibliography is arranged alphabetically within types of material: journal articles, books, newspaper articles, and government documents. These references are for the fourteen-year period 1970 through 1983. The first edition (1980) of this bibliography had 166 items; this 1984 second edition added 124 references for a total of 290 references.

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NEWSPAPER ARTICLES IN
NEW YORK TIMES (Per AN 1 N4)

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265. "AMA Medical Journal publishes two reports concluding that vitamin C shows little merit in treatment of common cold; one report covers 9-month study at National Institutes of Health, other report is review of many previous studies from '38 to the present; Dr. Linus C. Pauling, proponent of vitamin C use for colds, takes issue with report." March 11, 1975, 14:2.

266. "Canadian researchers report indications that large doses of vitamin C--not much higher than amounts some people take to ward off colds and flu--can damage DNA, genetic material of human cells; ability to damage genes suggests that vitamin C, also known as ascorbic acid, may be able to cause birth defects and cancer; research team, headed by Dr. Hans F. Stich, acting director of University of British Columbia's Cancer Research Center, urges caution in use of large quantities; Dr. Richard San describes research." May 20, 1976, 20:3; review, May 23, 1976, IV, 7:5.

267. "Cancer specialists disclose evidence that ingredients of daily diet may be causing, directly or indirectly, one half of all cancers among women and 30% of cancers among men, report in journal Cancer Research; evidence suggests nutritional factors--including diet high in animal fat, excessive alcohol intake, deficiencies in vitamins A and C, certain food additives and natural as well as man-made food contaminants--are related to development of cancer of colon, stomach, esophagus, breast, liver, and uterus; ..." December 3, 1975, 1:4.

268. "Committee on Nitrate and Alternative Curing Agents in Food ... recommends that vitamins C and E be added to bacon to inhibit conversion of nitrate to potentially cancer-causing nitrosamines." April 30, 1982, 12:3.

269. "Dr. Anthony Verlangieri to investigate effectiveness of vitamin C as possible cure for arteriosclerosis, or hardening of arteries; has received $170,000 grant from American Health Assistance Foundation; illus. with foundation director Steven M. Hasner." June 20, 1976, XI, [illegible].

270. "Dr. John Coulehan of Pittsburg University Medical School, who reported in 1974 that vitamin C might relieve common cold, now concludes that drug does not significantly ease cold symptoms, report in New England Journal of Medicine." October 28, 1976, 22:1.

271. "Dr. Linus Pauling and Scottish physician Ewan Cameron assert vitamin C can prolong lives of cancer patients 4-fold when given in amounts of about 10 grams daily, report in Proceedings of National Sciences Academy; National Cancer Institute is interested in study." October 30, 1976, 8:4.

272. "Dr. Linus Pauling letter on article that reviewed AMA studies indicating vitamin C is at best only minor influence on duration and severity of colds; cites studies that disprove AMA's contention." April 6, 1975, IV, 18:3.

273. "Dr. Terence W. Anderson (University of Toronto) reports finding therapeutic value in using vitamin C to treat symptoms of common cold in much lower doses than previously recommended, report, conference on vitamin C sponsored by N.Y. Academy of Sciences and Columbia University Institute of Human Nutrition reports 30% cut in severity of cold symptoms in persons who took less than 250 mg. daily regularly and 1 gram per day when cold symptoms begin; amounts are fraction of those recommended by Dr. Linus Pauling; some 50 research teams also present results on studies of vitamin C; findings detailed." October 13, 1974, 92:1.

274. "FDA proposes important new regulations to protect American consumers from nutritionally substandard food and 'irrationally' overfortified products; regulations would prohibit labeling as 'breakfast beverage' products that do not have as much vitamin C as orange juice, although products could be marketed under different label; would forbid manufacturers to add random nutrients to products for promotional purposes when there is no nutritional logic ...; regulations' prime purpose is to allow consumers to judge from labels what they are purchasing; proposed rules would prevent candy and soft drink manufacturers from adding vitamin C or D or any other nutrient; ..." June 13, 1974, 1:1.

275. "Jane E. Brody (Personal Health) column on potential risks and possible benefits of vitamin C." January 20,1982, III, 12:3.

276. "Letter from Dr. Frederick J. Stare, School of Public Health, Harvard University, on Dr. Michael Halberstam March 17 article on vitamins; notes Halberstam did not mention that as one gets older, colds are less frequent and usually milder but did note that Prof. Linus Pauling was 65 when he noticed fewer colds after taking large doses of vitamin C." April 7, 1974, VI, p. 102.

277. "Linus Pauling letter on May 20 article says there is little danger in ingesting several grams of vitamin C daily, which most animals synthesize for themselves; suggests its use during expected swine influenza epidemic." June 5, 1976, 24:3.

278. "Mayo Clinic study finds large amounts of vitamin C offered no therapeutic benefits in 150 advanced cancer patients tested, article in New England Medical Journal; examines claims for vitamin's effectiveness and describes controlled experiments." September 27, 1979, 14:4.

279. "Merck & Co. raises price for bulk ascorbic acid and sodium ascorbate, 2 forms of vitamin C, by 50%." May 24, 1974, 45:4.

280. "Michael Halberstam article on burgeoning popularity of vitamins in United States specifically cites vitamins A, C and D; describes Dr. Linus Pauling's experimentation with vitamin C and his megavitamin therapy." March 17, 1974, VI, p. 16.

281. "National Institutes of Health researchers report that vitamin C can falsify results of common standard test that doctors use to detect

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